



Sports

Merit Badge Workbook

This workbook can help you but you still need to read the merit badge pamphlet (book). No one can add or subtract from the Boy Scout Requirements #33215. Merit Badge Workbooks and much more are below: [Online Resources](#).

Workbook developer: craig@craiglincoln.com. Requirements revised: 2006, Workbook updated: April 2008.

Scout's Name: _____ Unit: _____

Counselor's Name: _____ Counselor's Ph #: _____

1. Show that you know first aid for and how to prevent injuries or illnesses that could occur while playing sports, including sprains, _____

strains, _____

contusions, _____

abrasions, _____

fractures, _____

blisters, _____

muscle cramps, _____

dehydration, _____

heat and cold reactions, _____

injured teeth, _____

nausea, _____

and suspected injuries to the head, neck, and back. _____

2. Explain the importance of the following:

A. The physical exam _____

B. Maintaining good health habits, especially during training _____

C. Maintaining a healthy diet _____

3. Discuss the following:

A. The importance of warming up and cooling down _____

B. The importance of weight training _____

C. What an amateur athlete is and the differences between an amateur _____

and a professional athlete _____

D. The attributes (qualities) of a good sport, _____

the importance of sportsmanship, _____

and the traits of a good team leader and player who exhibits Scout spirit on and off the playing field _____

4. Take part for one season (or four months) as a competitive individual or as a member of an organized team in TWO of the following sports: baseball, basketball, bowling, cross-country, field hockey, football, ice hockey, lacrosse, soccer, softball, table tennis, tennis, volleyball, water polo. Your counselor may approve in advance other recognized sports, but not any sport that is restricted and not authorized by the Boy Scouts of America. Then with your chosen sports do the following:

Diagram

Sport: _____ **(Season Began: __/__/__ Season Ended: __/__/__)**

Give the rules and etiquette _____

B. Demonstrate proper technique for your two chosen sports. _____

C. At the end of the season, share your completed chart with your counselor and discuss how your participation in the sports you chose has affected you mentally and physically. _____

Online Resources *(Use any Internet resource with caution and only with your parent's or guardian's permission.)*

Boy Scouts of America: ▶ scouting.org ▶ [Guide to Safe Scouting](#) ▶ [Age-Appropriate Guidelines](#) ▶ [Safe Swim Defense](#)
 ▶ [Scout](#) ▶ [Tenderfoot](#) ▶ [Second Class](#) ▶ [First Class](#) 📺 [Rank Videos](#) ▶ [Safety Afloat](#)

Boy Scout Merit Badge Workbooks: usscouts.org -or- meritbadge.org **Merit Badge Books:** www.scoutstuff.org

[ExpertVillage First Aid Videos](#) 📺 [Make a First Aid Kit](#) 📺 [Basics](#) 📺 [Basics2](#) 📺 [CPR Basics](#) 📺 [Venomous Snake Bite](#)

[ExpertVillage.com Lesson Videos:](#) 📺 [Warm Up](#) 📺 [Stretching](#) 📺 [Running](#) 📺 [Pull-Ups](#)
 📺 [Push-Ups](#) 📺 [Basketball](#) 📺 [Baseball](#) 📺 [Football](#) 📺 [Bench Press](#) 📺 [Leg Curls](#)

American Council on Exercise: <http://www.acefitness.org>

American Sport Education Program: <http://www.asep.com>

Institute for International Sport: <http://www.internationalsport.com/nsd/nsd.cfm>

National Youth Sports Safety Foundation: <http://www.nyssf.org>